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Vernon

Challenged on social media

Darren Handschuh - Oct 17, 2018 / 3:49 pm | Story: 239461



Photo: Contributed
Guest speaker Jesse Miller challenged students about how they use social media.

Vernon area high school students were asked a poignant question by a guest speaker last week: Are you using social media to move your life forward, or will it hold you back?

This is the query Jesse Miller, of Mediated Reality, posed to students at Fulton and Vernon secondary schools.

Miller challenged the students to look at the way they use social media and cautioned against oversharing.

He also encouraged all in attendance to be an ethical Internet user.

"I hope you are the generation that will make a positive change in how we use our mobile devices," said Miller who reminded the audience it's not just what they post on social media, but comments made while gaming, or apps and photos downloaded or taken on their phone that could lead to issues.

Miller acknowledged some form of social media will be around for the long term, and for most people, it can play an important roll in their lives. Some have found it to be a safe place, where they have found groups of acceptance and support that they may not have at home.

For the current generation, Miller said the important thing to remember and to start practicing now, is working towards life balance. Become an ethical user of the internet and take a step back from your digital device and social media platforms; enjoy being with your friends in the moment, or watch the concert with your eyes, not your phone.

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